ALWAYS WANTED TO KNOW ABOUT ETHICAL NON-MONOGAMY*

*but were too afraid to ask



I am Athena (she/her)

I am a fat, Bi/Queer, cis, Afro-Caribbean woman
I am a partner, parent of two, and a student. I am a
community organizer, a speaker, and a Blerd



HELLO!

I am Jacki (she/her/they)
I am a queer, cis, polyamorous, brash feminist
who loves talking about relationships
I am a speaker, writer, research nerd,
partner & parent of four



HELLO!

I am Kat (they/them)

I am a non-binary, sex-positive, geeky, Canadian, queer, bisexual, deviant, slutty, feminist pervert. I am an author, podcaster, sex-toy reviewer, and audiobook narrator



Monogamy

The practice of being in a loving, romantic and sexual relationship with one person

Non-monogamy

The practice of having more than one loving, romantic and/or sexual relationship at a time

Consensual/ethical Non-monogamy

The practice of having more than one loving, romantic and/or sexual relationship at a time with the full knowledge and consent of all partners involved

Serial Monogamy - Having multiple monogamous relationships, one at a time

WE KNOW SEXUALITY & GENDER ARE FLUID

Let's apply the same concept to relationship styles.

There is no one "right" way to do relationships.





RELATIONSHIP ESCALATOR

Term by Amy Gahran to describe the idea that mainstream relationships assume a general, upward, inflexible progression leading to life-long, monogamous cohabitation (preferably legally sanctioned, and having children).

THE ESCALATOR IS NOT FOR EVERYONE

Issues arise when the steps are followed regardless of a person's feelings and desires

Or when we judge the "seriousness" or value of a relationship based on these standards



Monogamy is a valid and fabulous choice for some people

These "escalator" steps work for a lot of people



The "One True Love" myth can do a lot of damage

Developing feelings for someone while you're in a relationship with another person does not mean you or your relationship is broken.

There is more than one person out there for you.

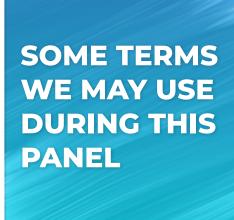
You do not have to control or limit someone else's desire to feel secure (and vice versa).

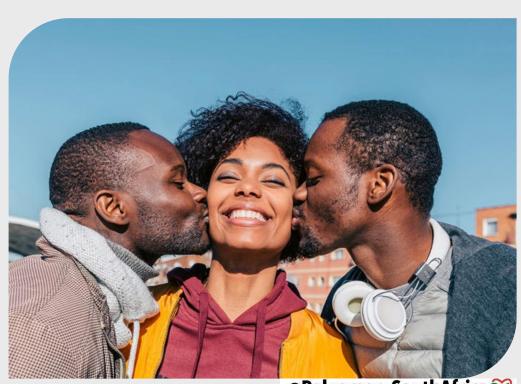
Monogamy is not the only one true, right, ethical and ideal way to be in a relationship.

"Always and forever" can lead folx to stay in harmful relationships.

A good relationship doesn't mean it's always effortless.

You are complete on your own.





@PolyamorySouthAfrica 💝



POLYAMORY

Multiple loving and/or sexual and/or romantic relationships with the knowledge and consent of all involved

SWINGING

Generally (but not always) couples who engage in sexual relationships with other people more in a recreational sense than a relationship sense. May see ongoing FWBs but they tend not to be 'romantic' partners

OPEN RELATIONSHIP

Open to seeking more connections or relationships, as opposed to 'closed' where there won't be additional partners to what is already there

RELATIONSHIP ANARCHY

Every relationship is defined in its own way. Doesn't prioritize romantic or sexual relationships over friendships. Very few demands or expectations placed on partners

MONOGAMISH

'Mostly' monogamous with some room for a sprinkle of ENM/CNM. Occasional group sex, or maybe BDSM partner, or 'when you're at a conference'

HIERARCHICAL vs NON-HIERARCHICAL

Some ENM relationships have hierarchy of importance of partners - primary, secondary, tertiary etc.

While some have all partners equal



POLYCULE

A group of people connected by sexual and/or romantic and/or intimate relationships. Not everyone in a polycule dates each other

METAMOUR

Your partner's partner who you do not also date

("My husband's boyfriend is my metamour")

RULE

Behavioural limit that is applied to another person - i.e. You can't sleepover at someone else's house.

BOUNDARY

Behavioural limit that you decide for yourself - i.e. I don't like to do sleepovers

TRIAD

Relationship where three people are romantically and/or sexually involved.

NRE

New relationship energy

COMPERSION

A feeling similar to joy, happiness or love in response to observing a partner experience love or something else positive with someone else YOU GET TO
DETERMINE
FOR
YOURSELF
WHAT WORKS
FOR YOU



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QUEERPLATONIC RELATIONSHIPS

An Introduction

In order to understand queerplatonic relationships, you first need to think about these social norms:

...But what about relationships that blur these lines?

FRIENDSHIP MYTHS

"Friends do not feel as strongly about each other as romantic partners do."

"Friends do not get married."

"Friends do not move cities, states, or countries to be with each other."

"Friends do not celebrate anniversaries or markers of the relationship."

ROMANCE MYTHS

"Growing up means dating and getting married to a romantic partner."

"Romance requires showing physical affection."

"Romantic partners are more important than friends."

"Romantic partners might raise a child together, unlike friends, who would not."

QUEERPLATONIC

is an umbrella term for relationships that "queer" the "platonic," bending the rules for telling apart the romantic from the non-romantic.

No two queerplatonic relationships are exactly alike, but in one way or another, they all break the mold.

Queerplatonic partners may or may not...

- · be physically affectionate
- · hug or cuddle
- · be attracted to each other
- · have clear-cut feelings
- · live together
- · share a bed
- · get married
- · share finances
- · be polyamorous
- · go on dates
- · make major decisions together
- · make commitments

- · keep it non-physical
- · kiss (on the lips or otherwise)
- · have ambiguous feelings
- · live separately
- · sleep in separate beds
- · celebrate anniversaries
- · rear children/care for pets
- partner exclusively
- · have sex
- · stay together long-term
- · be emergency contacts
- · keep it casual







THANKS!

Any questions?

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